



Cauliflower Fried Rice

Prep Time 5 mins
 Total Time 25 mins
 Meal Type Lunch, Dinner
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 1 head cauliflower
- 1 Tbs olive oil
- 1 tsp sesame oil
- 1/4 cups onion, *chopped*
- 1 red bell pepper, *chopped*
- 2 cloves garlic, *minced*
- 1/3 cups vegetable broth, low sodium
- 1 tsp ginger, *minced*
- 4 Tbs soy sauce
- 1 1/2 cups edamame, shelled, *defrosted*
- 2 scallions, *chopped*

Directions

Prep

1. Cut floret pieces from the cauliflower stems and rinse well. Place in a food processor and pulse 3-5 times until cauliflower is chopped into rice sized pieces.
2. Chop onion/pepper/garlic/scallions.
3. Grate ginger.

Make

1. In a large skillet heat the olive and sesame oils. Add the onion and red pepper and sauté ~3 minutes until onion is tender and translucent.
2. Stir in the garlic, broth, ginger, and soy sauce. Transfer the cauliflower to the pan and stir. Cover with lid and cook over medium-high heat for 3-4 minutes.
3. Remove the lid and stir in the edamame. Sauté for 3-5 minutes or until liquid has cooked off, and cauliflower is tender.
4. To serve, top with sliced green onion and additional soy sauce (if desired).

Notes

You can use frozen cauliflower rice that has been defrosted and drained.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	200	Total Fat 8.4g	12%	Total Carbohydrates 22g	7%
		Saturated Fat 1.3g	6%	Dietary Fiber 9g	34%
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 0mg	0%	Protein 14g	
		Sodium 1155mg	50%		
		Vitamin D 0mcg 0% · Calcium 96mg 9% · Iron 3mg 16% · Potassium 1093mg 23%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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